

BRIDGES

WEDNESDAY, NOVEMBER 20, 2014

MUSIC:
Rapper Cigal left
sales job to hit the
recording studio **P. 14**

GARDENING:
How to sprout seeds in
your kitchen for fresh
produce year-round **P. 19**

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Agriculture in the
Classroom connects
youth to food **P. 29**

A STARPHOENIX COMMUNITY NEWSPAPER

SAFE AT HOME

THOSE LESS FORTUNATE
ARE FORTUNATE TO KNOW
DEEANN MERCIER
AT THE LIGHTHOUSE **P. 4**

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#JEANFREEMAN

Wascana Wild Goose Chase

Wascana Centre is a family affair — yours and mine.

Through out everybody would agree, a whole lot of folks love and admire the Canada goose as a symbol of Wascana Centre. Especially in the sunny days of summer that even in cloudy weather and at other times of year, whole flocks of birds and geese swoon this wonderful park (bigger than D.C.'s Stanley Park or New York's Central Park) around the lake in the center of Regina, to enjoy the sunbathing, the surroundings, and the noise of the geese.

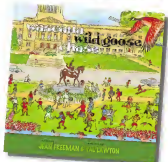
I wrote Wascana Wild Goose Chase to celebrate the recent anniversary of Wascana Centre Authority. I call it a "family picture book" because it has something for all ages — a phys-

ical story for the littles ones, about Alexander Giesler playing hide-and-seek with Lucy Goose, colorful illustrations by artist Wei Lawton, showing 18 of the many places to visit in the Centre in all four seasons (including Wascana Pond, Dufferin Hall, the First Nations Community of Canada, the Royal Saskatchewan Museum, and the MacKenzie Art Gallery), with a walking tour map guiding you to their join a fascinating collection of "stump tea" about Wascana. Regal, our province and prairie (for example, did you know that a group of geese on the ground is a "gaggle"), but flying in the air it's a "skein"!).

Many families keep Wascana Wild Goose Chase on hand to take along on outdoor excursions all

year long, and keep track of all the new birds that in their sights. A lot of people also send copies of the book to friends who live in other places, saying "Come visit! See what fun you can have in our Wascana Park!"

Wascana Wild Goose Chase is available at Chapters/Indigo/Chico, BarnesandNoble.com, 360Heritage Centre, McNally Robinson in Saskatoon, Book & Inter Wholesale, the Moose Handcraft on the Regina airport, North West Gallery in Moose Jaw, SaskBook, SaskBookie, Market Place, Your Wildlife, Worth Publishing, and of course, in Wascana Centre at Appleby House, Cumberland Gallery, Atom & Gick



Christmas gift certificates available

Poppy & Prairie is featuring a gift with purchase over \$100.00 at **Stella's Haircare & Beauty** in Regina, Saskatchewan. *Stella's Haircare & Beauty* is a gift with purchase over \$100.00 at **Stella's Haircare & Beauty** in Regina, Saskatchewan. *Stella's Haircare & Beauty* is a gift with purchase over \$100.00 at **Stella's Haircare & Beauty** in Regina, Saskatchewan.

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Nuts About Nature

At Beaver Creek Conservation Area

It's hot! My family, dog, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some tasty views from the city.

Dear Chip,
Do we get Swift Foxes in Saskatchewan?

Termy

Dear Termy,

The swift fox is not much bigger than a house cat and is the smallest species of wild dog living in Saskatchewan. Unfortunately, this charming little animal has been almost disappeared from the prairie. It has vanished altogether from the northern prairie around Saskatoon, probably because of our region's harsh weather, loss of prey (coyote dogs) predation from coyotes, and habitat loss. It's not all doom and gloom however. In 1993 a group of concerned agencies banded together to reintroduce the swift fox to parts of its former range in Canada. So far, scientists are encouraged by the increase in population in areas where the foxes have been released! One site of reintroduction was Grasslands National Park near Swift Current, Saskatchewan. As of January 2013, there were 134 swift foxes living there in the park!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

Address: Lorne Avenue South
 1814 Lorne Avenue South
 Regina, Saskatchewan S4S 0A9
 Phone: 306.665.0213
 Email: chip@beavercreek.ca

Meewasin

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ON THE COVER PG. 4



The Lighthouse is getting a big boost and it's thanks in part to Devlin Menzies speaking out about homelessness and the circumstances that cause it in Saskatoon. **STORIES PHOTO BY MICHELLE BERG**

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SHARP EATS PG. 29



AgriSense (page 36) is the growing of food from Community Seed to show to all the children who produce through programs call Little Green Wonders sponsored by Agriculture in the Classroom. **BRIDGES PHOTO BY MICHELLE BERG**

BRIDGES COVER PHOTO BY MICHELLE BERG

Bridges is published by The StarPhotos — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S4N 1Y1

Brian McLaughlin is editor-in-chief. Heather Peterson managing editor. Jenn Sharp associate editor. For advertising inquiries contact: 657-6340; editorial: 657-6327; home delivery: 657-6320. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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ON THE COVER

They're counting on us. We're their one glimmer of hope. —DeeAnn Mercier

#HOMELESSNESS IN SASKATOON

Mercier shines at The Lighthouse

By Jenn Sharp

Inside the shiny glass doors at The Lighthouse you see a bulletin board full of notices, AA meetings, housing listings, mental health and addiction workshops.

What you hear is the loud snap of an air radiator, sager conversations are underway. A traditional fundraising goal was reached in just 10 months.

It's thanks in large part to DeeAnn Mercier, director of communications at The Lighthouse Supported Living, for taking on the cause of people who struggle with addictions and mental health.

"Unofficially, she's become a voice for homelessness in Saskatoon," says Heather Morrison, a longtime friend.

♦ ♦ ♦ ♦

Mercier became interested in poverty and housing issues in high school at Southern Junior College where service-oriented learning was encouraged.

She wanted to get into public relations and to work as a non-profit. "But I didn't know much about The Lighthouse, so it was a big learning curve," she says.

Mercier who has an English degree from the University of Saskatchewan, was hired as the public relations assistant at The Lighthouse in 2011 and quickly proved herself. At 26, she's in charge of external speaking engagements, writing grants, strategic planning and fundraising.

"You get to do a little bit of everything or anything you're interested in," she says, "because there's not enough people to go around. That's exciting. And scary at the same time too."

Mercier has generated awareness of homelessness in Saskatoon, with out the many fundraisers she organizes. The Lighthouse wouldn't be where it is today.

The Golden Night of the Year saw 300 participants walking in support



DeeAnn Mercier works residents of The Lighthouse. Supported Living is to be proud to call their home. AHEAD PHOTO BY JENN SHARP

of the Lighthouse in February. The Amazing Race fundraiser collected \$30,000.

Homelessness is something that's hard for people to wrap their heads

around. There's still a lot of stigma around it — the classic "These people should pull themselves up by their boot straps" — which is just awful," says Mercier.

The Lighthouse offers a range of services: emergency dorms, food services, supported living suites and affordable housing, along with mental and community outreach programs.

The supported living bachelor suites are all under renovation. The cafeteria is bright and open space where many gather for coffee or to use the computers, was completed last year.

In all the things we do, The Lighthouse seems to touch our heart the most. We're helping (people) that generally are unable to help themselves. — Les Dube



Debbie Mercer talks to Les Dube, one of the Lighthouse clients whom the team set out to call for the project. PHOTO BY MICHELLE HEND

Les and Irene Dube donated \$1 million to the Up Capital Campaign. \$1.5 million came from the provincial government and the rest from grassroots local donors.

"That was amazing. (The Dube) are very connected to issues of mental health in our community and that is a huge component of the work we do here — helping people with mental health issues," says Mercer.

It's hard for Les Dube to put into words the feeling he and Irene had when the Lighthouse's fundraising goal was reached and the renovation project began.

"In all the things we do, The Lighthouse seems to touch our heart the most. We're helping (people) that generally are unable to help themselves."

"We wanted to bring these people in to a place where they could survive, have a shower, put on clean clothes and have a meal — meeting the minimum needs of a human being. We

would hope that one day we can eliminate people sleeping under bridges and in cardboard boxes."

The Lighthouse building, part of which was once the Capri Hotel, was donated partly because it needed a lot of work. When Mercer came on board, "swarmers would pour down all the stories, pipes burst, floors flooded, mould grew and only a handful of programs could be done. Money was in short supply."

"It's hard to give people hope and dignity and a sense of purpose when it seems like no body cares about the building they're living in," she says.

Improvements are making people proud to live there.

"I don't think I'll ever be able to experience something like that again in my life," Mercer says. "People know enough about us that they wanted to support us."

Continued on Page 8

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They're trying to do the best they can and I feel like sometimes society doesn't give that back to them. They're trying to find their place in the world but we've already decided their place. — Merrier

What would Merrier like people to understand about homelessness?

In winter here, no one sleeps outside by choice. Mental health, acquired brain injury, addictions, multi-generational poverty and the knowledge of homelessness all come into play, making people vulnerable and marginalized.

"There's addictions that are so powerful that they're worth possibly suffering frostbite for or dying."

"They're crushing on us. We're their one glimmer of hope," she says.

Housing options are few for people with mental health and addiction issues.



The Saskatoon Health Services Priority Health Bus is stationed outside the LightHouse every Monday 9 a.m. to 5 p.m. in ward B.U.L. 1014.

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DeeAnn loves people. And she treats everyone the same way. Everyone gets to enjoy her sense of humour and the kindness that she has for all people. —Heather Morrison



DeeAnn Morrison looks at art made by Capital House residents. (Photo by Heather Morrison)

"It takes a lot to get a household running and a lot of people depend on you when you move into a place for the first time. Usually your parents help you. If you're staying at a business address, that means all of your support networks have completely broken down. To start a new life, you're starting from complete zero."

In her experience, the biggest hurdle to overcome is loneliness.

"They're trying to do the best they can and I feel like sometimes society doesn't give that back to them. They're trying to find their place in the world but we've already decided their place. I don't think they're black and white people in the world — everybody is worthy of love and everybody is worthy of a hand up and maybe that can all have made a change. People are reaching for a community that loves and supports them."

She says sleeping in a dorm room with 10 others is better than nothing, but it's far from ideal. She wants to give people more, so does Dale.

"I think that we haven't met the demand yet. Could we use more rooms and expanded facilities? I think that's the case," he says.

Health care is becoming a bigger feature at The Light House which takes pressure off of emergency rooms and ERs in the area. But there's a need for more time with the nurse practitioner, Morrison says, it takes time to form relationships with clients, most of whom are slow to give trust and reveal their true concerns.

Continued on Page 8



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Hyde Park View is transforming the concept of adult housing in Saskatoon! This new 50+ plus housing development is ideally located near transit and includes indoor tennis and a modern contemporary style, superb amenities and Apogee Pro Design.

Apogee Pro Design includes 36 inch wide doors, open-plan floor plans and a master suite, master free walk-in closet, shower, enclosed in glass. Assisted living services can be purchased and delivered to the suite, as required. When independent living becomes a challenge, wide walk-in closets can move to the specially designed area where personal care is offered 24 hours a day. The space can change to move or stay in the life-time suite. Finally this personal care suite will provide an extraordinary level of care needed by qualified, trained personnel.

Additional Design Features include floor-to-ceiling, single pane windows that capture gorgeous views of Hyde Park, with an 257 acres of lakes, parkland and walking trails right across the street! All of the "nice touches" of today's condo market are offered. Ceramic tile is installed in all master bedrooms. Mechanical systems are at a higher standard than many condos with radiant in-floor heat and central air systems with integrated cooling for each suite.

Life lease suites are pre-selling well. 36 units still available at this amazing 4.5 story building. Suites range in size from 803 to 1297 square feet, including one bedrooms, plus den, two bedrooms and two bedrooms plus den units.

Every life lease suite features one outdoor parking stall and a garage, heated parking, with adjacent individual dry washed storage rooms. Residents enjoy this access to the extensive indoor amenity space.

Hyde Park View offers some of the most attractive prices in the city, especially when you consider the amenities and the high level of service provided to residents. The Hyde Park Housing Group has been providing quality housing in Saskatoon for more than 32 years.

NOTE: No legal fees or real estate commissions are required when choosing Hyde Park View!

Contact Shelley Davis at (306) 612-3338 and visit the website at www.hydeparkview.org for more information or drop by Hyde Lodge (1125 Main Avenue) between 9am and 5pm to pick up a sales package.

Imagine the view
from here

www.hydeparkview.org

Homelessness is something that's hard for people to wrap their heads around. There's still a lot of stigma around it — the classic "Those people should pull themselves up by their boot straps" — which is just awful — Mercier

♦ ♦ ♦ ♦

In addition to her role at The Light House, Mercier is a vibrant force in Saskatoon's artistic community. She's on the board of Iron Theatre, which offers free plays in city parks, and Steel Bancho, a free nighttime art and end time festival held on 28th Street for the first time in September.

She sees theatre's role in the community and she's really passionate about it," says Heather Morrison, a Sam Theatre co-founder and friend of Mercier's for 16 years.

"DevAnn is enthusiastic about making cool things happen in this city. She's dedicated and she's a hard worker."

Mercier is married to talented actor Jules Morrison. They met in a play during university. The two produced the comedy *Love/Storms* at the Refinery earlier this year.

Getting things done is a better side

than their complaining about the way things are, she says.

"If you want a cool festival, here maybe you have to volunteer. If you want free theatre in the park, you have to pitch it."

It's hard to miss the artistic talents at The Light House here for Mercier. As she shows a visitor around the building, she's stopped frequently to chat. "They are often a first name basis. When she laughs, it's authentic. Outside, an older man sings her a song," says Morrison. "DevAnn loves people. And she treats everyone the same way. Everyone gets to enjoy her sense of humor and the kindness that she has for all people."

For a video of DevAnn Mercier's tour of The Light House under renovation, go to www.theirontheatre.com/devann.

photo by @theirontheatre.com
Twitter.com/devannmercier



Kristi Morrison: DevAnn Mercier leads a tour of the industrial and historic Light House under renovation in the new hub of The Light House — the Lightbox in downtown SASKATOON. PHOTO BY MACHILLE BERRY



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IN THE CITY

NOVEMBER 17, 2014 — 5:15 P.M.

Brightening up the holiday



Displays from left sponsor Girl Guides, The Saskatoon Zoo Society, Saskatoon City Hospital Foundation and Area 14 up on the new Saskatchewan Roughriders Championship display at the Girl Guides Enchanted Forest during a media event. The new light display opened to visitors last Saturday and runs until Jan. 31. BRADLEY WARD/STARS PHOTO



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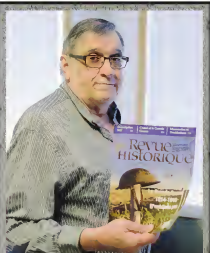
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and others have helped
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ON THE SCENE

#PITCH PARTY

Savillation and wife a entrepreneurial community was out in full force on Nov. 18 at Pierland Park for the seventh annual Pitch Party. The party, which was sponsored by the W. Aron Wilson Centre for Entrepreneurial Excellence, gave eight teams and 150 vendors a pitch their ideas to Brett Wilson before a live audience. At the end of the night, audience members voted on their favorite start-ups. Twelve-year-old Mason Rowles was the competition with her Disney Naps pet bed venture.

BRIDGES PHOTOS BY GREG PENDER



ON THE SCENE



1. Bob Bacci and Wayne Grier

2. Liane and Rick Milton

3. Larry Dunsard, Rosemary Kennard and Doreen Thomsen

4. Alanna Patrick, Alanna Kucharska, Chris Galar, Paul Olewick and Jonna Dent

5. Stephanie Yang, director of the Wilson School for Entrepreneurial Excellence, left, with Brett Wilson



6. Chazman, Carlen and Kristyn Stevenson

7. Anthony Grimes and Saurav Bhattacharya

8. Bob Phoenix, Bob Phoenix and Hattie Dossing

9. Tom Dossing, Shannon Martin, Steve Little and Train Martin

10. W. Brett Wilson poses for a photo with guests at Pitch Party



Recipe of the Week

Pub-Style Vegetarian Chili



Directions

1. First off, it's a large pot over medium heat. Cook and stir browned onion, garlic, green bell pepper, celery, onion, chili powder, cumin, salt, black pepper, chili and vinegar until the onion begins to soften, 2-3 minutes.
2. Add in tomatoes with their liquid, black beans and dark liquid, kidney beans, hot pepper sauce and water.
3. Bring the chili to a boil, reduce heat to low, and let simmer until vegetables are tender, 20 minutes.

Keep watching for more recipes and more as your feedback!

2 cups sliced fresh mushrooms

1 cup chopped onion

1 cup minced garlic

1 cup ground onion

1 cup black pepper

1/2 cup chili powder

1/2 cup salt

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1/2 cup chili powder

1/2 cup salt

1/2 cup chili powder

1/2 cup salt

1/2 cup olive oil

1 cup finely chopped onion

1/2 cup chopped green

bell pepper

1 cup chopped onion

1 cup chili powder

1/2 cup salt

1/2 cup chili powder

1/2 cup salt

1/2 cup chili powder

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MUSIC

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SASKATCHEWAN MUSIC SCENE

Off the lot, into the studio



Rapper Copal left a successful career as a car salesman to start a career in full-time music.

By Sean Trembath

Copal has been recording rap songs for 10 years, but it was only seven months ago he decided to make it his main talent.

The Saskatoon-based MC born Evan Thompson had been selling cars to get by on the side. He was good at it, making almost six figures a

year. But it wasn't him.

"I woke up every morning, put on a suit and put on that mask," he says.

The decision to quit wasn't easy, but the life of an underground rapper is not often lucrative. And Thompson has three daughters.

When he put in his resignation, none of the reactions surprised him. His younger co-workers thought he

was crazy, which he expected, but the older ones — guys with two or three decades on the lot — told him he was doing the right thing. They knew how easy it is to end up stuck.

Looking back, Thompson says he definitely made the right choice. He has released a new EP, *Miss Thicket*, and has already written another album's worth of material.

"The definitely started to discover who I really am now that I'm doing it full time," he says.

Writing while he was working his decision, *Miss Thicket* shows the difficulty Thompson was going through. His hunger comes through as he raps about adolescence, parental instability and the overwhelming desire to make something of himself.

"It's not afraid to put anything out there," he says.

The album benefits from real-world production from Brian the Oldboy, an Oakville-based producer who's been on the last three albums from Polaris-nominated Shad. Thompson slept in Brian's basement over the four-day recording process and spent the rest of the time in his in-house studio.

MUSIC



Rapper Cayne did more than 30 shows this year and hopes to double that in 2011. SUBMITTED BY/JOA

"It was a one-stop shop," Thompson says. Spending time with the producers who has been in the industry well over a decade, taught Thompson a lot.

"We became one of the guys who really educated me," he says.

With the advice, recorded Thompson got down to touring. A summer tour with local MC Factor took him all over Western Canada and he has filled his time with as many after shows as he can get. He has done more than 30 dates this year, and hopes to double that in 2011.

He knows that at 34, he's a lot older than most who decide to drop everything and pursue the dream. He plans about leaving full time to devote his time. At the same time, he feels he has work to better than at his own pace.

"I needed that time to develop my craft," he says.

Even though not everyone in his family fully supported his choice to go full time, he

made his children to see that they can pursue their dreams, whatever that may be.

"I've kind of tried to show them there's no shame in going after what you want," Thompson says.

There's uncertainty. He knows he might never make the big time.

"I don't ever think you really know. I know where I want to be. I don't necessarily know when I'm going to be," he says.

His rights are not signed. He has seen the type of lifestyle underground Canadian rappers like Moe Child have achieved and isn't afraid to aspire to that or more.

"Why not me?" he asks.

Wherever his path goes, he is enjoying the ride.

"On a full-time artist, I'm living the dream."

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Authentic Amish Cooking

Raisin Bread

1 1/2 C. Milk
1/2 C. Sugar
2 T. Salt
1/2 C. Butter
1/2 C. Sugar
2 T. Ground
1/2 C. Raisins, soaked

7 1/2 C. Flour
1 1/2 C. Raisins
1 C. Unseasoned
Mashed Potatoes
1/2 C. Warm Water
2 pkg. Yeast



Soak milk, remove from heat. Add sugar, salt, butter and soaked potatoes. Let cool. Dissolve yeast in water, beat with milk. Add raisins and flour. Let rest in warm place 1 1/2 hours. Divide dough into 2 loaves. Roll out on board, put 1/2 of butter, sugar and cinnamon on each roll. Roll up as for jelly roll and pinch edges together. Bake in loaf pans at 350° to 375° for 45 minutes.

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ASK ELLIE

Moving on means taking steps to not dwell in the past

Q: I've had four significant relationships starting in college through building my career. I was married once for three years in my late 20s.

I'm now 38 and finally successful. I can afford to travel. It's easy to spend money, but I'm starting to want the whole package — wife and kids, maybe a cottage etc.

Online dating's easy for me to find women who are into fun, casual, dating with sex. But now I'm wondering what's the best route to finding the One.

Need to Know On

A: You're looking at looking On with a purpose and a goal. It may sound positive but it can be a blundered approach if you create a checklist ahead of who will be the One.

It's like looking for a specific needle in a vast haystack. What you need to know are your own core values to find a likely mate. Example, a woman who enjoys family life and doesn't just want casual sex may attract you, but if she already has a couple of young kids she may not

Ask Ellie



want a baby right now, or she's younger and feels she has time.

Reaching into a relationship with someone who fits into your shopping list can be a big mistake when you later discover what else is in the package.

So go slowly and thoughtfully. Be honest about your hope for a serious relationship and learn who the person is, not just what she wants from you — your success and a proposal — and what you live about her beyond her suitability right now.

Q: My second husband was the love of my life, which was remarkable since I married my first husband

for love. We had a wonderful short life together, but he passed away at 28 from an undiagnosed heart condition.

I'm now 41 and widowed again. I realize that in one way I've been luckier than many. But two sudden losses have taken their toll.

I don't even know what "moving on" means for me. I've tried to even consider another serious relationship but I rush into something just for security and avoid people on dates because I'm scared off.

Wary Widow

A: Moving on means having a present and a future, not living in the past. Lucky you that your new sense of what you gained in these loving relationships are so good to live.

You can follow a self that you have more reason than most to be optimistic about finding companionship, supportive friendships and love.

You know how to give and receive respect, trust and love. Like every one else, you still need to take time

getting to know new people, but unlike many you know the possibilities ahead, so stay open to them.

Q: My son is getting divorced after 20 years of marriage. They'd been together through higher education, careers, and have three great kids (the oldest is 11).

We're heartbreak and wondering how grandparents "move on" with this — do we offer our home to our son and grandchildren (and change our life to what it was 20 years ago)?

Shocked

A: It's your son's divorce, not yours. If he asks to move in, tell him to first work out the financial division of assets including the marital home.

If he can afford his own place, or needs some financial help for that, it's likely better for him and his children to bond in their own unit (assuming there's good custody) and that already seems better for you.

Be supportive emotionally through regular contact with your grandchildren.

Q: What does "moving on" mean? People have relationships come last, others don't. You can't stop living as you carry on.

Maybe you meet someone else soon, maybe not. Maybe you decide not to get involved again, for years I just don't get what the winning's about.

Unwired Observer

A: It's about emotion and winning. While some relations are casual, many others have involved emotional investment, which included a huge part of someone's self-esteem.

There relationship implied security being loved, a way of life, plans and dreams. The breakup may feel that all that was a lie — so security no love, plunging self-esteem and the loss of what was familiar.

That's back your judgment. What advice some people as painful, isn't yours to criticize. If you don't want to listen to what you call "whine" say, "wink away. You're not the right friend for this person anyway, not is that time.

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Sprout seeds in your kitchen for produce year-round

By Jackie Bantle

One of the most desired parts of winter can be the lack of food, fresh produce in our kitchen. However, with a few seeds and some water, fresh, nutrient-rich sprouts can be grown in your own kitchen, year-round.

Sprouts are tiny growing plants, germinated from seeds. The sprouting process triggers multiplication of proteins, transforms carbohydrates into simple sugars for energy and combines minerals with amino acids for greater assimilation into the human body. Sprouts are an excellent source of anti-carcinogens.

Sprouting seeds is easy. Only a few supplies are needed: a small amount of good quality seeds, a large glass or clear plastic jar with a wide opening (such as a quart sized jar used for canning (if pickled)) and a square of nylon mesh or screen, along with a rubber band that will fit over the mouth of the jar.

Strip one of the screens in soaking the seeds. Place seeds in the jar and cover with clean, go take water at room temperature. Black container (like brass) or nylon for six hours and longer seeds like beans or peas for 12. After this soaking/sprouting stage, pour out water through the mesh and rinse seeds with fresh water.

After soaking, draining and rinsing seeds, place the jar in a dark place. What for the seeds to germinate, this can take anywhere from one to 15 days, depending on the seed. While you wait for the seeds to germinate, the seeds should be rinsed at least twice (preferably three) daily.

When you clean water near room temperature for rinsing. Once seeds begin to produce leaves, place the container in a bright spot to allow green chlorophyll in the leaves to develop. Never place any sprouting seeds in direct sun. Sprouts are ready to eat as soon as leaves or roots are visible.

Sprouts that have their hulls, like mungbeans, need to be cleaned in a different manner than seeds without hulls. Once the mungbeans have sprouted, place them in a sink or a big bowl filled with water. Gently separate the hulls from the sprouts using your fingers. The hulls will rise to the top and must be manually removed from the sprouts.

Store sprouts in the fridge for up to two weeks. Keep the sprouts in a sealed container and rinse with cool water every two days. One of the main concerns with sprouting seeds is

SPROUTS: WHAT YOU NEED TO KNOW

Seeds needed include:

- alfalfa
- red clover
- soybeans
- almonds
- lentils
- buckwheat
- chick peas
- lentils
- mung bean
- mustard
- radish
- sunflower
- soybeans
- wheat

The best way to avoid disease is to purchase seeds from a reputable source:

- Murrain's Sprouting Seeds — located in Toronto, Saskatchewan (www.sprouting.com)
- Sprout Master — Elmwood, Ontario (www.sproutmaster.com)
- Extreme Sprouts — Courtenay, BC (www.extremesprouts.com)

contamination of the sprouts with a harmful bacteria such as salmonella.

The key to avoiding this risk of infection is to purchase and sprout seeds that are sold for sprouting purposes and have been tested for pathogens. For extra assurance, one can add 1 drop of vinegar or five drops of food grade hydrogen peroxide (3% per cent) or 1 tsp. of hydrogen peroxide (3% per cent) to two cups of water for soaking seeds.

For more detailed information about sprouting seeds, I recommend the book *The Wonders of Sprouting* by Lucie Dufour. It's available from your favourite sprouting and supplier.

Happy sprouting!

Bantle is a horticulturalist living in Saskatoon.

This column is provided courtesy of *The Star* Saskatchewan Provincial Society (www.saskgardeners.com). Check out our bulletin board or calendar for upcoming garden information sessions. Or, No. 46, My Garden Project and showcase horticultural enthusiasts around town from drawing young gardeners to a family building a park.



Alfalfa and wheatgrass are two seeds that work excellent for sprouting. PHOTO COURTESY JACKIE BANTLE



Alfalfa seeds at the beginning stage of sprouting, which can be done easily in your home kitchen. PHOTO COURTESY JACKIE BANTLE

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com



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Wed., Nov. 26

Lights w/ Wildlife
O'Brien Event Centre,
241 Second Ave. S.

Fred Wulfsberg Funk
Buds on Broadway
817 Broadway Ave.

Muskie Burgermeister
Broadway Theatre,
715 Broadway Ave.

Jazz Icons The Brett Selzer Trio
The Basement,
254 Fourth Ave. N.

White Cowbird Chickens, Big John Bates, and The Peacechickens
Amigos Cantina,
632 10th St. E

Thurs., Nov. 27

Whiskey on a Sunday
Crackers Restaurant & Lounge,
1-227 Peachtree Dr.

Model
O'Brien Event Centre,
241 Second Ave. S.

Together Jella
Buds on Broadway,
817 Broadway Ave.

Roots Series: Lisa LaRocca w/ Yvonne
The Basement,
254 Fourth Ave. N.

The Weavertons
Amigos Cantina,
632 10th St. E

The Aerts w/ Hart Pando, Savage Kicks, and Huesus Friends
Vangelis Tavern,
801 Broadway Ave.

Mike Royd and O-Shea
Capital Music Club,
244 First Ave. N.



Lights with wildlife will perform tonight at O'Brien Event Centre

Slates w/ Soul Mates and Sam
Basement Film & Record
150-220 Third Ave. S.

Fri., Nov. 28

Screenplay
Buds on Broadway,
817 Broadway Ave.

Piano Friday: Maurice Drouot
Brews Series: Peggy High-tens Band,
The Basement,
254 Fourth Ave. N.

DOT
Army & Navy Club,
309 First Ave. N.

Leon Ocho
Fairfield Senior Citizens' Centre,
1033 Fairmont Dr.

Two Tall Dudes
McMully Saloon,
3100 Eighth St. E.

The Bandwagon
Toot Town Tavern,

3330 Fairlight Dr.

Bedford Poetry
Amigos Cantina,
632 10th St. E.

DOT w/ Pachel and M. Pharis
Vangelis Tavern,
801 Broadway Ave.

The Cheap Cheaps w/ Blackwater
Capital Music Club,
244 First Ave. N.
Northern Rebels
Stan's Place,
108-100 8th St. E.

November: Montache Gels
OU Black n' Brown
Belly n' Lounge,
2404 Eighth St. E.

Twang Wanted
Pizz's Pub and Grill,
1033 10th Ave. N.

Sat., Nov. 29

Screenplay
Buds on Broadway,
817 Broadway Ave.

Piano Serenades: Kim Gelfand
Jazz Singer Series: Fernanda Cunha w/ Rog Schwager
The Basement,
254 Fourth Ave. N.

DOT
Army & Navy Club,
309 First Ave. N.

Leslie Ocho
Mariane Legler,
3021 Louisa St.

Wires & Wood
McMully Saloon,
3100 Eighth St. E.

Montache Mayhem II
Marty's Wanted, wear-principles, ROOMING and *Shine the Whip*
Lovel's Pub,
93 Campus Dr.

Sick Down, Molasses w/ Good Kids and Jason Amigos Cantina,
632 10th St. E.

Long Knife
Vangelis Tavern,

801 Broadway Ave.

Audrina & Drawled
Capital Music Club,
244 First Ave. N.

Northern Rebels
Stan's Place,
108-100 8th St. E.

Barnett Smith's Pan Fried Blues
San Tomas Café,
223 Second Ave. S.

Twang Wanted
Pizz's Pub and Grill,
1033 10th Ave. N.

Transcontinental Blues Duo
Bugsy's Bar & Grill,
134 Firenze Dr.

Sun., Nov. 30

Acoustic Night: Ragony
Buds on Broadway,
817 Broadway Ave.

Mon., Dec. 1

Mother Mother w/ United South
Dynasty Season
O'Brien Event Centre,
241 Second Ave. S.

Tues., Dec. 2

Black Box
Buds on Broadway,
817 Broadway Ave.

ART

Mandel Art Gallery
Until Jan. 4 at 950 Spadina Cres. E. Modern Visions: The 90th anniversary exhibition. Modern Visions presents about 120 works from the permanent collection. Age Also: Images of Positive Ageism and New 30+ a photography exhibition presented in partnership with the Saskatchewan Council on Aging. The Chickadees perform as part of the gallery's anniversary programming Nov. 30, 3 p.m.

EVENTS

Gordon Seagrove Gallery

Until Nov. 28 in Room 191 of the U of S Murray Building. Counterpoint by Kathryn Trembecky and Robert by senior printmaking students. Reception Nov. 26, 7 p.m. to 10 p.m. Art list with documentary photographer Martin Wehrhahn Nov. 26, 1 p.m.

SCVAP Gallery

Until Nov. 28 at 253 Third Ave. S. Caroleella and the photographs by Amanda Holter runs Dec. 1 to Jan. 2. Highly textured acrylic paintings in both abstract and portraiture. Reception Dec. 6, 1:00 p.m. to 5:00 p.m.

The Gallery at Frances Morrison Central Library

Until Nov. 28 at 311 23rd St. E. Pulse by Anna McGray. Nov. extensive artist media works.

Saskatoon Spellers & Writers Guild's Annual Sale

Nov. 29, 9:30 a.m. to 5 p.m., at Albert Community Centre, 640 Clarence Ave. S. Demonstrations of a pinball and weaving throughout the sale. Handmade gifts, textile clothing and souvenirs, hand knits, hand-sewn items and towels.

Affinity Gallery

Until Nov. 29 at 213 Broadway Ave. It's a Show! Functional and sculptural city pieces by Seek Items.

Darrell Ball Gallery

Until Nov. 29 at 405-105 2nd St. E. Pinpoint - Drawing by Dennis Ball.

Hindivada House Showcases

Until Nov. 29 at 710 Broadway Ave. The Elemental Garden, small pieces by Saskatoon quilter Dorothy Borek.

Hann Art Supplies

Until Nov. 30 at 1616 Lorne Ave. Artwork by Monique Borek.

Frank's Star Gallery

Until Nov. 30 at 1336 Eighth St. E. Point of Departure by David Sholov and Empty Vessel by Chris Wedge.

Kahing Fine Art

Until Nov. 30 on the eighth floor of the Renaissance Hotel. A group exhibition by local and international



Sculptor Blake Macdonald on display at the Roger Dalrymple

artists. Featuring bronze sculptures, oil paintings and mixed media works.

Black Square Gallery

Until Nov. 30 on Hwy 2 at Northside. The Boreal Forest Through the Eyes of an Artist.

Saskatoon City Hospital Gallery on the Bridge

Until Nov. 30 on the 1st floor of the Atrium at the Saskatoon City Hospital. Art by Leslie. An eclectic mix of works reflecting Dr. Lesna Ball's exploration of style as a new artist.

Art in the Centre at Parkridge Centre

Through November at 810 Gropper Circle. Works by the Saskatoon Printers Club.

Art in the Centre

Through December at Parkridge Centre, 110 Gropper Circle. Art to inspire.

AKA Gallery

Until Dec. 5 at 424 26th St. W. Women's Stop the Silence by Mary Longman. An installation in AKA's new project space. Transformation by Art T. Arnold and Shirley Naka runs until Dec. 5.

Roupa Gallery

Until Dec. 7 at 205-240 Third Ave. S. The Silence of Stone by Blake Ward. An exhibition of figurative sculpture in marble and bronze.

St. Thomas More Gallery

Until Dec. 10 at 1437 College Dr. E. Anytime, by David Dyck.

The Gallery at Art Placement

Until Dec. 10 at 228 Third Ave. S. Think & Think. Abstract paintings by Robert Christie, Jonathan Forest and William Penfold-Hoff.

Powerd Arts

Until Dec. 12 at 424 26th St. W. Testimony by K.C. Adams and Tarrance Houle.

Humboldt and District Museum and Gallery

Until Dec. 31 at 601 Main St. In Humboldt: A Local Perspective by Nancy Valente. An exhibit of wildlife paintings.

Ukrainian Museum of Canada

Until Jan. 31 at 910 Spadina Circle E. Dreaming in Ukrainian: Travel photography by Anna Kasysh and Karen Pabulsky.

Eye Gallery

Until Jan. 2 at 117-1133 College Dr. Ink and Printmakers.

Funky Details

Until Jan. 31 at 212 Third Ave. S. A collection of framed photographic artworks by Sharon Cassin.

Western Development Museum

Through April 2015 at 3610 Lorne Ave. Eggbert Tossing Sublet. In partnership with the Royal Saskatchewan Museum. A 92 million-year-old crocodile skeleton brought back to life through 3D imaging.

FAMILY**Stay and Play**

Tuesdays and Wednesdays, 9:00 a.m. to 11:30 a.m., through April. For children up to age 6. Semi-structured, crafts, snacks, story time, toys, activities. Email stayandplay-saskatoon@gmail.com or visit the Facebook page.

Stare and Stroll

Wednesdays, 1 p.m. to 4 p.m., at Centre City at the Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres.

Citi Cinema and Play

Thursdays, 10 a.m. to 6 p.m., in day 4 of 619 South Broadway St. W. in Wexham. Saskatoon's newest indoor playground. For children up to age 12. Visit citicinemaandplay.com or follow Facebook page.

Fun Factory Indoor Playground

Daily at 1634C Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced-in area for children under two.

Breastfeeding Cafe

Thursdays, 9 a.m. to 11:30 a.m., at Westside Primary Health Centre, 3011 19th St. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

**FRIDAY
DECEMBER 5**
5:00 p.m. - 10:00 p.m.

**SATURDAY
DECEMBER 6**
10:00 a.m. - 10:00 p.m.

**SUNDAY
DECEMBER 7**
11:00 a.m. - 5:00 p.m.

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EVENTS

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different levels: children's chairs, small water sinks in the play area.

Boysen's Indoor Playgroup

Thursdays, 9:30 a.m. to 11:30 a.m., through May at Emmanuel Baptist Church, 1336 Acacia Dr. Parent-supervised playgroup for kids up to age five. A bounce house and toys for kids, designated infant play area, coffee/tea for parents. Registration an email invitation at a cost of \$10 a week or \$100 a Facebook page.

Movies for Mommas

Thursdays, 1 p.m. at Rainbow Cinema in The Centre. An infant-friendly environment with red velvet seats, changing tables, bottle warming and stroller parking.

Shop'n Stroll

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of customer service at The Mall at Lawson Heights. Classes consist of power-walking, body-sculpting moves and dance cardio taking and a socializing for parents and babies. Register at nannasandbabiesfitness.com. No classes on start holidays.

Ruby Talk at RPL

Fridays, 10:30 a.m. at Allen Turner Branch, Mondays, 10:30 a.m., at Carlyle King Branch and at Wood Branch and Tuesdays, 10:30 a.m., at Cliff Heights Branch. Half-hour singing and rhyme, then mingle with other parents.

Winter Bird Feeder

Nov. 20-30, 1 p.m. to 4 p.m., at Moonwater Valley Centre, 403 Third Ave. S. Drop in and make a bird feeder for the winter birds in your yard. Open to everyone.

Mom & Baby in the Nutcracker Suite

Nov. 30, 1 p.m., at TCU Place. Tickets



Carlyle King & Ruby in the Nutcracker Suite this Sunday at TCU Place.

at 30-6-979-7700, tickets \$10 to \$40. As Max and Ruby's grandmother reads them the Nutcracker on Christmas Eve, their imaginations lead them to a magical land where the Sugar Plum Fairy reigns. Featuring the music of Tchaikovsky's Nutcracker.

Postnatal Yoga

Mondays, 12 p.m. to 1 p.m., at Prenatal and Postnatal Health Centre, 244 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby-friendly class with a certified yoga teacher. Suitable for four weeks to three years postpartum. Register if email only, no computer entry. No class on start holidays.

Canadian Light Source (CLS) Public Tours

Mondays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for public registration. Call 306-661-3644, email outreach@lightsources.ca or

visit lightsources.ca/education/public_tours.php.

Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Prenatal and Postnatal Health Centre, 244 Third Ave. S. Taught by a doula and certified yoga teacher. Involve and safe for any stage in pregnancy. Call 306-324-0463 or email pregnasyoga@gmail.com. No class on start holidays.

Naturally Yours

Mondays until Dec. 1, 9:30 p.m. to 10:30 p.m., at Prenatal and Postnatal Health Centre, 244 Third Ave. S. A comprehensive child birth education series preparing parents for the birth of a child. To register visit birthrhythms.ca.

Playgroup

Tuesdays, 9 a.m. to 1:30 a.m., at Grace Westminster United Church. Hosted by Pat in Heart Learning Community, a group of families inspired by Waldorf philosophies. Pro-

gramming is aimed at children ages two to five, but all ages are welcome.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McNeilly Children, 3130 Edwin St. E. For children ages three to five in the Circle of Trust. Call 306-365-1477.

Read & Play

The first Tuesday at 10:30 a.m. and Wednesday at 11:30 a.m., each month, at West Point Mallers, 5-310 Eighth St. E. Suitable for ages two to six. Each month features a different story, followed by a related puppet or play project. This month, "The Mitten".

LLLC Saskatoon Evening Series Meeting

The first Tuesday of the month, 6:00 p.m., at Holy Communion Church, 1436 Alexander Ave. The topic is nutrition and weaving. All women interested in breastfeeding are welcome. Dark and outdoors are also welcome. Call 306-522-4810 or email lilascasatoon@gmail.com.

Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at saskatoonlibrary.ca/index/1016.

BRICKS & KIDZ! Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creative, play games, and have fun using LEGO bricks. Visit bricksandkids.com or call 306-575-2789.

SPECIAL EVENTS**Your Brain on Change**

Nov. 27, 11:00 a.m. and 6:00 p.m., at Le Rendez-vous Francophone Centre, 308 Fourth Ave. N. Free interactive seminar with Michelle Gauthier to increase your understanding of how your brain reacts to change and get tips on how to help the brain deal with transition more easily. Register at picpic.com.

Saskatoon Farmers' Market

Open year round. Wednesday and Sunday, 10 a.m. to 2 p.m., and Sat-

urday 8 a.m. to 2 p.m., farmers are in attendance. Tuesday to Friday, 10 a.m. to 3 p.m., and Saturday and Sunday during market hours. Food service and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 306-364-6282, sfr@picpic.net.

St. George's Senior Citizens' Club Activities

Wednesdays, 12 p.m. to 4 p.m., at 1235-24th St. W. Bingo and Kabuki, billiards, darts and random monthly socials. The last Wednesday of each month they hold member birthday parties. New members age 55+ are welcome. Information at 306-361-6364, 309-716-2204.

Literature Matters Series: Rewards and Challenges in Writing Biography

Nov. 26, 7:30 p.m., at Grace Westminster United Church, 505 10th St. E. Presented by LilacandJagoff. Information at biographi.ca. Admission is free. Contact 304-996-5456, emph@usask.ca.

Mayfair Cigar Bowling

Wednesdays, 1:15 p.m., at Mayfair United Church. Beginners and experienced players are welcome. For information call 306-351-2151.

Everything Organized

Nov. 26, 10 a.m. to 1:30 a.m., at Saskatoon Council on Aging. Speaker Marie Johnson talks to seniors about downsizing from their homes into retirement communities. Register at 306-652-3353, ecw@cityga.ca.

Donald McDonald House Marie Fashion Show

Nov. 27, 6:30 p.m. cocktails, 7 p.m. show, at the Fashion Center. Teaching head models and models and families. Fashion by Saskatoon merchants. Tickets at 306-364-5500 ext. 11.

SAPC Dancers

Thursdays, 7 p.m., in room 113 at Albert Community Centre, 685 Clarence Ave. S. Saskatoon International Folkdance Club. Learn dances from many countries around the world. First night is free. Visit sifc.saskatoon.ca.

EVENTS

Le Choeur des Fleurs Rehearsale

Thursdays, 7:30 p.m., at l'École canadienne française, 1407 Albert Ave. Sing and socialize in French. With choir director Michael Harris and accompaniment by Raoul Fauriol. Information at 306-343-6941, 306-343-9480.

Evening for Caregivers Presentation

Nov. 21, 7:30 p.m., at W & B Rivers Centre, 358 Fourth Ave. N. Hosted by the Saskatoon Council on Aging. Speakers Shelley MacLeod and Ashley Stain address some of the challenges that may arise when becoming a caregiver and discuss ways in which you can gain ahead. Register at 306-663-3255, ashley@ccaw.ca.

Weather Permitting Comedy Tour

Nov. 21, 8 p.m., in the U of S Peter MacKinnon Building. An independent Canadian comedy tour. Featuring comedians Andrew Flanagan, Andrew Gorr and Michelle Christle. Tickets at weatherandtheatre.ca.

Dining Series: The Silver Velle

Nov. 22, 7 p.m., at O'Neil's Café, 702A 14th St. E. Featuring poets Don Halabouzi, Smith and Alex Eskin Hamilton. With open mike.

Midweekness 2014

Nov. 27, 28, 7 p.m., at Broadway Theatre. Hosted by the Health Sciences Students' Association (HSSA). Two nights of variety shows. Tickets from \$55A are representative of the \$100 (don't drink) raised support for the new & state-of-the-art Centre for Mental Health Open Art Studio.

Art, Craft and Bake Sale

Nov. 29, 10 a.m. to 5 p.m., at Oakview High School, 919 Broadway Ave. With up to 50 vendors, a concessions and coffee and tea. To reserve a table contact: hiddler@spas.sk.ca or 306-669-7615 by Nov. 27.

All-You-Can-Eat Varsity (Peweg) Supper

Nov. 28, 9 a.m. to 7 p.m., at the Ukrainian Catholic Cathedral Auditorium, 515 20th St. W. Cost includes dessert and a beverage. Meat and cabbage rolls are available at extra cost. Admission at the door.

A hot-to-go Traditional Polish Concert

Nov. 28, 7:30 p.m., at St. Joseph High School, 115 Indian Rd. The University of Saskatchewan Wind Orchestra performs. Works by Anderson, Mendelssohn, Gungler and Vaughn de Williams. Admission at the door. Information at dennis.ohlenkiewicz@sask.ca.

Sing Choirs of Angels

Nov. 28-29, 7:30 p.m., at Knox United Church. The Saskatoon Children's Choir's annual Christmas concert. With guest musicians. Tickets at Mchelly Robinson or at the door.



Gary Don James. Take No Prisoners Tour Friday at 7:30 p.m.

Don James: Take No Prisoners Tour

Nov. 28, 7:30 p.m., at TD Place. The Canadian satirical comedian performs. Tickets at 306-955-1799, tickets.ca.

One Hit Wonders

Nov. 28-29, 7:30 p.m., at St. Thomas More College, 925 College Dr. A Newman South Glee Club performance. Hits include Barbra Dyl, Celine Dion and All Star. Tickets at amsk.ca.

Saskatoon Men's Chorus Advent Concerts

Nov. 28, 7:30 p.m., at Augustana Lutheran Church, 1951 Broadway Ave.; and Nov. 30, 2 p.m., at Knox United Church, 538 Spadina. Chorus & featuring solo violinist Hannah Lavelle-DeCortis. Tickets at Mchelly Robinson or 306-220-0612.

Sing Choirs of Angels

Nov. 28-29, 7:30 p.m., at Knox United Church. The Saskatoon Children's Choir's annual Christmas concert. With guest musicians. Tickets at Mchelly Robinson or at the door.

Crepes/Waffles Collaborators: A Night of Short Films

Nov. 28, 8 p.m., at Pascal Arts, 424 20th St. W. Presented by filmmaker Paul-Guillaume and artist Michael Henkel. A short film festival showcasing featuring works by Crepeux, Henkel, Christine Ellis, Jason Bisset, Jordan MacKenzie, Matt Finn, Jason Yukuski, Derek Novotny and Matthew Ireland. Admission is free.

Saskatoon Men's Chorus

Nov. 28, 7:30 p.m., at Augustana Lutheran Church. Advent concert. Tickets at inquiries@saskatoonmenchorus.ca or from any member.

Be a good sport and make a difference!



Poorly a blinding in the way of a Merry Christmas for thousands of people in our community. The StarPhoenix is asking people to make a big difference for many Saskatonians and their families this Christmas.

The Sporting Christmas Fund, operated by The StarPhoenix, has set a goal to help alleviate hunger and sadness for as many people as possible this holiday season. All donations are turned over to the Salvation Army, where money is put to good use for those in need of a Christmas dinner or a helping hand.

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In support of



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Online at thestarphoenix.com/sportingchristmas

or by phone and only cheques, money orders or credit card donations by mail.

Cash donations can be made in person at The StarPhoenix, 204 5th Ave. North, Saskatoon, SK, from 9:30 a.m. to 4:30 p.m.

Gring Ridge Valley

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Name: <input type="text"/> (Last, First, Middle) Address: <input type="text"/> City: <input type="text"/> Prov: <input type="text"/> Postal Code: <input type="text"/> Email: <input type="text"/> Phone: <input type="text"/>		(Print Name) Surname: <input type="text"/> Given: <input type="text"/> Middle: <input type="text"/> Title: <input type="text"/>
<input type="checkbox"/> I agree that my donation is being received by the Salvation Army and that I will receive a receipt for my donation.		(Print Name) Surname: <input type="text"/> Given: <input type="text"/> Middle: <input type="text"/> Title: <input type="text"/>
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The StarPhoenix
 NEWS • SPORTS • ARTS • LIFESTYLE • BUSINESS

Be a good sport. Join The StarPhoenix Sporting Christmas Team and make a difference!

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1	Actor General of "Black Copers"
4	He
7	Tenets of Buddhism
10	Gruppen from "The Godfather"
13	U.K. award
16	Children's day: Mexico's "Día de los Niños" is celebrated on this day
19	Living free in the desert
22	Words to a baby
25	One with a sister in "Mamma Mia!"
28	British musician
31	Another time in "The Godfather"
35	Robert explorers?
38	Subplot of "The Godfather"
41	Summons with "for" (as in "for a while")
44	Subplot of "The Godfather"
47	Amos
50	Shakespearean tale
53	Copper
56	Urban blight
59	Solid base for commemorative
62	Subplot of "The Godfather"
65	Facts in news organizations
68	Some carnival rides
71	Cart film of 1961
74	Superhero parody
77	Japanese "bunraku" puppet
80	Confident who shot Mickey
83	Like Louis
86	Form of 10-Dimes
89	Light display

DOWN

1	Die
3	Laurent, wife of Spem
5	I hope "You Better" Singer: Mervyn
6	One with the "Pier" (as in "Pier 21")
8	"Super" about justice
9	Caribbean drink in 10-Dimes
11	Like Snow White, per the magazine
12	Some LG applicants
14	United States' Constitution's first article
15	Blizzard of 10
17	Carte blanc in 10-Dimes
18	Concert who said "I love you" to his girlfriend
20	A master of the body (as in "bodybuilding")
21	Not so healthy
23	Shouts up
24	Weeks for "pump"
26	Lots of people
27	Facility often referred to by its first letter
29	Animals
30	Another's place
32	"Gimme Gimme" (as in "Gimme Gimme")
34	"I wonder what the word for dogs looks like in Italian" (as in "dog")
36	Island of chivalry
37	Wine
39	Wine
40	Wine
41	Wine
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100	Wine

PHOTOGRAPH BY JONATHAN

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JANRIC CLASSIC SUDOKU

Level: Bronze

All in the blank cells are the numbers 1 to 9. Each number can only appear once in each row, column and 3x3 sub-grid. Use logic and process of elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

			9		3	1		
9		3	4		6		7	
6		8		3				4
	6	1	3					
5				4				3
					8	6	5	
7				6				5
	4		2	5	8			9
8	9		1					

Sudoku is the crossword puzzle of the Sudoku world. See the Sudoku world on Page 25.

FREE trial membership, call 306 244 0944 Ext 100.

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YVCA

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Fitnness on 25th
YVCA

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WINE WORLD

SASKATCHEWAN WINE SCENE

Regina's Bushwakker mead a true holiday treat

By James Romanow

On the first Saturday of December every year, Bushwakker Brew Pub in Regina releases one batch of blackberry mead. The release marks the beginning of Advent, currently a Christmas festival but one that has roots very back. Virtually all agrarian societies had a harvest festival and then a couple of weeks later celebrated the day when grape juices become wine. If you're not a fan of Bushwakker or helping to keep the tradition alive. If you're a Christian, think of it as bringing light into the world. Take your pick.

Whatever the theology, the release of the Bushwakker mead is a great way to start your party season. They sell about 4,000 bottles and keep enough on tap to let New Year's Eve, God willing and the blizzard don't blow.

More than a few people camp and party outside on the Friday before the release to ensure their fair share.

This is the only mead Bushwakker makes all year. Most brewers do not make mead because the yeast is a serious *Bufo* toxin, which, once loose in your brewery, takes over completely. Bushwakker has so far managed to keep the killer yeast contained, so no toxic risks to the brewery happen.

It's a really nice drink, although a great deal more alcoholic (9.5 per cent) than beer. The



blackberries lend the brew a lovely Christmas red, as well as supplying some needed acidity to the sugar content of the mead. It is slightly hopped so well, making for a balanced drink that you can enjoy all night or with your holiday feast.

Bushwakker Blackberry Mead \$18.00 ***
OR 2 for \$35.00. It was not but not sure that I'll get there soon. More across on Monday at StarPhoenix and on Twitter (@bushwakker).

Crossword/Sudoku answers

GIL	TAD	FAT	ONE
ORE	SPINACH	XO	
PERNA	DOO	ISER	RYO
FRAU	XER	ASIN	
FINNS	ILER	SEND	
TANGLED	SAYINGS		
FACE	TIME		
UNCURE	SCROLL		
SEA	SANGRIA	MAL	
AWAY	TIEMON	OF	
SUM	POT	CALC	
AROMA	PONIES		
FOR	YOUR	EYES	ONLY
TOFU	MONEY	LEON	
AMFM	OZONE	ARTIE	

4	2	5	8	9	7	3	6	1
9	1	3	4	2	6	5	7	8
6	7	8	5	3	1	9	2	4
2	6	1	3	5	9	4	8	7
5	8	7	6	4	2	1	9	3
3	9	4	1	7	8	6	5	2
7	3	2	9	6	4	8	1	5
1	4	6	2	8	5	7	3	9
8	5	9	7	1	3	2	4	6

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NOV 5

METHOD 2
NOV 13

www.OBriansEventCentre.ca 1-866-973-9614

Best of OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridges@thesunshinereport.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Marie Hickley. Thanks to everyone who submitted entries!



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SHARP EATS

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
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#SASKATCHEWAN FOOD SCENE

Fun ways to connect kids with agriculture



Saskatoon's Richmond Community School Grade 3-4 teacher Adrienne Beggs teaches her students about gardening through a program called Little Green Thumbs, sponsored by Agriculture in the Classroom.

By Jenn Sharp

Grades 3 and 4 students at Westmount Community School in Saskatoon are cultivating a green thumb.

Gufesa, one of Adrienne Beggs' students, excitedly talks about building a greenhouse with his classroom and the salad orchard they'll have in December.

"All of us made it. Look — the one that has so many (plants), everyone made it together. It's fun to try it. After we've done everything, we're going to make salad," he says.

The Little Green Thumbs program is offered in schools across the province by a registered charity called Agriculture in the Classroom.

Teachers apply to have their classrooms set up with an indoor greenhouse. All the supplies, like seeds and soil and fertilizer, are provided, along with training for the teachers at no cost.

The charity's executive director, Sara Slepica, says, "They want to find out how plants grow. It's a natural tool to engage kids."

Beggs, who formerly worked for Agriculture in the Classroom, agrees. "It gives the students this early dose of the outdoors inside. They really start to connect."

Her students started all the plants from seeds and watched them grow. "It becomes like their class pet. It really builds empathy, responsibility — lots of our students love do-

ing jobs with the garden. The biggest thing is they can actually learn about science and plants and see it happen instantly. Instead of reading about it, it looks like."

Agriculture in the Classroom, founded in 1984, provides a range of agricultural programming through out the province.

Continued on Page 31

SHARP EATS



Students from Midhurst Community School learn about gardening through a program called Little Green Thumbs sponsored by Agriculture in the Classroom. Students have a work book to journal with and daily chores to do to take care of the raised plants which will be consumed in December. *Illustration: Photo by Jason Kallman*

The goal is a simple one, but incredibly important in an increasingly urbanized province: connecting kids with agriculture. That's done through innovative curriculum-based programs and resources for students and teachers.

Slymko says it's important for people to understand how food is produced.

"We all eat. We're heavily reliant on agriculture for the food we eat, as well as a lot of our other daily products."

"As the rural-urban shift intensifies, people are getting farther and farther removed from the farm. With that comes a real lack of connection of what's needed to grow food and the understanding of the respect and care that goes

into the food that produces the food, the air that we all need and the water we depend on."

Slymko hopes young people will consider agriculture for a future career — world food demands are steadily increasing.

"We need the best and the brightest minds to be innovative in the agriculture industry as we continue to raise demand for food."

The range of programs they offer is staggering — everything from basics of working farms to an urban agriculture festival, but Canadian Western Agriculture, held in Regina this week until Nov. 30 is the big one. Slymko says thousands of students visit their interactive site each every year.

Agriculture in the Classroom presents all

the annual agribusiness show each year and sets on the organizing committee to help connect ag groups with a provincial educational management.

The charity has also launched a learning resource for exploring Saskatchewan's role in global food security. It's framed around a central question: How might agriculture in our province contribute to food security for nine billion people? A Saskatchewan-produced movie, released in smart board and interactive introduction kids to complex topics in a fun, easy-to-relate way. Teachers can order the package for their classrooms, and the Ministry of Education is making it available as a learning resource.

"I think every single person today can play a role in food security," says Slymko. "The roles are different and for students to start to see that finding a growing world is a challenge, but it's a challenge that we can meet — is exciting."

Connecting kids with their food is also a great first step.

To find out more about Agriculture in the Classroom's programs, or if you're a teacher and would like to have Little Green Thumbs in your class, visit www.aic.ca

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